

Tips for Encouraging Self-Esteem in Teens with Disabilities





- 2. As a teen caregiver create a positive environment and promote interactions that build up that person's self-esteem.
- 3. Start generating positive interactions at a young age to create a positive foundation to build on.
- 4. Take every opportunity to show your teen how much they are loved and valued.
- 5. Focus on the abilities and the things your teen is able to do. Don't focus on what he/she cannot do.
- 6. Think about your own feelings of self-worth and cultivate a positive self-image, as positive feelings about yourself are important in being able to help others.
- 7. Create opportunities for your teen to be successful.
- 8. Do fun things that create positive memories for your teenager.
- Seek out people who help your teen feel good about themselves and encourage interaction.
 Avoid people who are not a positive influence for your teen.
- Avoid blaming someone else and instead, with your teen, seek a solution if something goes wrong.
- 11. Talk about and encourage your teen to celebrate the positives in his/her life. This helps a teen's world view to be more positive.
- Encourage interaction with your teen and allow them to express their feelings without judgement.



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